

How Does an Alligator Roll?

A fun and creative way to explore movement and dance creation.

This presentation works towards teaching kids how to build dance movement in a fun and creative way. Through the utilization of dice and "chance," the students will get to roll two different dice, (one containing verbs, and the second containing adverbs/adjectives) to produce a phrase that will direct and guide their movement in a fun and inspiring way!

Step 1: Using either 2 dice created on your own, or 2 brown paper bags, assign one as the "verb" category and the second as the "adverb/adjective" category. For the dice, write different action verbs on one, and different adverbs/adjectives on the second dice. If using two brown paper bags, instead, fill one bag with flashcards containing verbs, and the second with flashcards containing adverbs/adjectives. I have provided a list of verbs, adjectives, and adverbs that will work best with this exercise.

Verbs: Jump, Roll, Spin, Walk, Run, Drop, Reach, Gather, Grab, March, Skip, Bounce, Inhale, Exhale, Leap, Turn.

Adverbs: Quickly, Slowly, Wildly, Delicately, Gracefully, Kookily, Lingly, Quietly, Tightly, Tiredly, Hugely, Curiously.

Adjectives: Scary Bear, Fearful Mouse, Tall Tree, Tiny Snail, Funny Fish.

Step 2: Have volunteer students roll the dice across the floor and have the class/group state what has resulted from the roll, i.e. "Walk Wildly!" Alternatively, if using brown paper bags you can have volunteer students randomly draw a card from the verb category, and from the adverb/adjective category to produce a way of moving that will be acknowledged as a whole.

Step 3: Explore the movement with the class/group. How would we "roll slowly?" We can roll our shoulder slowly, we can roll our head even slower, or we can roll on the floor in a safe and slow manner. How many different ways can we do one thing? The possibilities are enormous!

Step 4: Pick 3-4 of the class/group's favorite ways (or the most successful) of moving and pair them together to build a tiny dance phrase that can be paired to a class favorite song.

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Example: We first begin by Running in place like a bird, that transitions us into rolling our arms busily, which moves us to walk like “Jell-O”, and finally to sitting quietly.

Play up the ways they can transition the movement. Is it a build down? A build up? An abrupt change? You can also pair the moves with different music (fast, slow) to see how that can change the manner of moving as well. Together exploring variations will be a fun time!

Alternate Step: Instead of ending in a dance phrase, you can end in a fun “Mad Libs” style game.

- Choose a paragraph from a classroom story. (or short story) Write it on the white board, leaving the verbs, adverbs, and adjectives blank, and replace them with the moves created earlier by rolling the dice.
- Example "Linda 'walked like snail' *do movement*, to the bus stop where she, 'hopped quickly' *do movement* into her seat when the bus arrived."

Together the classroom/group will have a blast reading a story through movement exploration!